

For an extensive list
of community
resources with
descriptions,
**SCAN THE QR CODE
DIRECTLY BELOW**



CONTACT US

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Effingham County ROSC
Facebook page

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QUICK RESOURCE GUIDE

Effingham County

Recovery
is possible!

Effingham County ROSC

Agencies & Persons with
Lived Experience working
together to build healthy
communities supportive
of those affected
addiction or mental
health struggles.



ADDICTION & MENTAL HEALTH COUNSELING & RESOURCES

*indicates substance use addiction services

Brandy Kelly Counseling: 217-383-0964

Crossroad Counseling & Consultation:
217-994-1074

Effingham VA Clinic: 217-347-7600

***Evolve Counseling:** 217-347-7384

***Family Care Associates:** 217-342-7000

***Gentle Care Consultants:** 217-342-6677

***HSHS Medical Group Behavioral Health:**
217-347-0458

Grace Counseling: 217-500-2103

***Griffin Therapeutic Solutions:**
217-994-9056

***Heartland Human Services:** 217-347-7179

Julie's Counseling: 217-821-2876

***New Light Counseling:** 217-342-7155

***SIHF Behavioral Health:** 217-342-0211

Semple Solutions: 217-994-4734

***The Wellness Loft:** 217-347-5118

Wright Choice Counseling: 618-699-8874

Please reach out to the
ROSC Coordinator for 24-hr treatment options
in the surrounding areas.

NATIONAL HELPLINES

Suicide and Crisis Lifeline: 988

Crisis Text line: Text TALK to 741-741

Veterans Crisis Line: 988 then press "1" or
text 838255

Domestic Violence Line: 1-800-799-7233
or text START to 88788

IL Warmline: 866-359-7953; for non-
emergency situations

National Runaway Safeline: 1-800-786-
2929 (text option available)

Trevor Project: 1-866-488-7386 or text
START to 678-678; LGBTQ+ youth support

FOOD AID

*Call for food pantry dates, time, or to make
and appointment.

**Altamont First Baptist Church (free drive thru
breakfast):** 618-483-3250

Altamont First United Methodist Food Pantry:
618-483-6036

**Calvary Baptist Church Food Pantry
(Effingham):** 217-342-6671

Catholic Charities Food Pantry (Teutopolis):
217-857-1458

**Centenary United Methodist Church "Open
Feast" (Effingham):** 217-342-2030

**Enduring Freedom Ministries (Shumway &
Mason):** 217-240-0059

First Baptist Church (Effingham):
217-342-3976

**First Presbyterian Church Blessing Box
(Effingham):** 217-342-6272

FISH Human Services (Effingham):
217-994-0039

Journey Church (Effingham):
217-690-0214

FLC's Blessing Box @ Silk Purse (Effingham):
217-342-5433

St. John's Lutheran Food Pantry (Effingham):
217-342-4334

St. Paul Evangelical Food Pantry (Altamont):
618-483-5249

TRANSPORTATION

CEFS Central IL Public Transit:

1-855-755-2478; dispatch number; call for
hours of operation and fees

CEFS ETrax: 1-855-755-2478; dispatch
number; designated loop on North side of
town; call for hours of operation and fees

Effingham Transport: 217-342-3120;
provides transportation for medicated
assisted recovery (MAR) appointments
ONLY

FREE NARCAN SITES

Effingham Public Library: 200 N. 3rd St.,
Effingham

Rosie @ the Village Sqaure Mall: 1901 S.
Banker, Effingham (purple news stand w/
Narcan & fentanyl test kits)

Unique Treasures: 803 Broad St., Edgewood
Broughton Tattoo Co: 1901 S. Banker,
Effingham

Lovers Playground: 1488 N. 750th St.,
Edgewood

Fogwind Vapor Co: 312 N. Keller, Effingham
Mac @ Silk Purse: 908 W. Fayette, Effingham
(purple news stand)

OTHER ESSENTIAL RESOURCES

Effingham County Case Managers:

217-663-5291; helps w/ filing for unemployment,
government phones, finding housing & food, SNAP, &
more

Crisis Nursery: 217-342-3000; open 24/7, provides
childcare services 0-6 years old for all situations

Family Life Center: 217-342-5433; free pregnancy, STD,
and abortion resources, parenting & prenatal classes,
fatherhood program

Enduring Freedom Ministries: 217-240-0059; free soup
kitchen, food pantry, clothing, laundry

CEFS Outreach Office: 217-347-7514; low-income
assistance; emergency, rental, & homelessness
assistance & more

SAFE: 1901 S. 4th St., Effingham; medical/legal advocacy
& counseling for survivors & family

SWAN: 217-342-5426; legal advocacy, adult protective
services, domestic violence support groups,
intervention for abusers, Caregiver resources

Effingham Resource Center: 217-342-1151; helps families
with DCFS involvement, anger management &
parenting classes, court advocacy, job readiness skills

El Shaddai Maternity Home: 217-663-5293; faith-based
maternity home for pregnant women & their children

FISH Human Services: 217-342-2200; volunteer-based;
provides limited assistance w/ fuel vouchers, clothing,
dental, utilities, housing; free medical transportation

Catholic Charities: 217-857-1458; food pantry, assists
with finding legal aid, provides crisis assistance, dental
vouchers, referral services, MedAssist, Ramblin' Rose
bus, clothing vouchers for Second Hand Rose Resale
Shop, & more

Oxford House VOLTA: 815-592-6545; 8 bed recovery
home for men